



Low-income communities learn to tackle climate-fueled heat

Associated Press

Ian makes landfall in southwest Florida as Category 4 storm

By ANITA SNOW
Associated Press

PHOENIX (AP) — Reggie Carrillo knows firsthand that where you live can determine how hot your neighborhood gets. The environmental activist and educator resides in a largely Mexican American area of south-central Phoenix, where segregation once forced Black and Hispanic people to live south of the railroad tracks. More than a half century later, the historic lack of investment means fewer trees and subsequent temperatures 13 degrees F (7 C) higher than wealthier, leafier neighborhoods just a few miles away.

"To understand climate change, to understand the urban heat island effect, you have to understand the history," said Carrillo, who wants to share that knowledge with his neighbors and help cool the community.

Carrillo has benefited from one of several nonprofit initiatives popping up around the United States to educate and engage residents about climate-fueled heat that

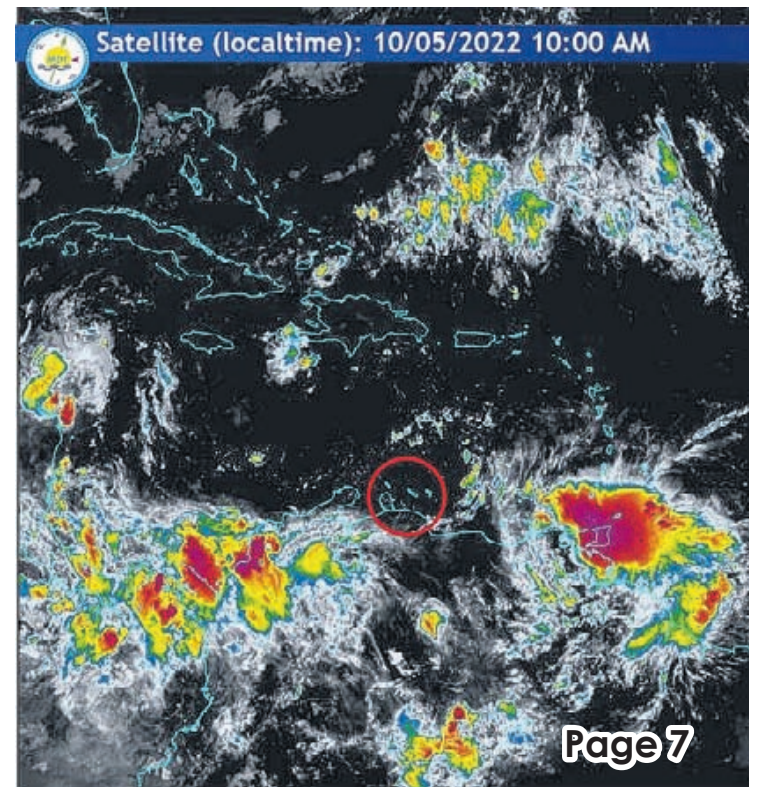
disproportionately affects low income neighborhoods of color.

Among the most ambitious is an Urban Heat Leadership Academy launched last year by the Phoenix Revitalization Corporation, a nonprofit community development corporation, and The Nature Conservancy. Better known for preserving natural areas, the nonprofit global conservancy is now also doing more work in urban areas like planting hundreds of trees and overseeing community gardens in Atlanta's South River neighborhood.

Held virtually on Saturday mornings with experts in various aspects of climate change, the course teaches residents like Carrillo not only why their communities are getting so hot but also how to organize and advocate for cooler, greener, healthier neighborhoods. Other topics discussed include water, air quality and environmental equity for poorer Black, Latino and Indigenous neighborhoods.

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Adverse weather alert



New stage for Aruparking After a period of inactivity, Aruparking to be reactivated



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Ian makes landfall in southwest Florida as Category 4 storm



Environmental activist Reggie Carrillo speaks with community members, Friday, Sept 28, 2022, in Phoenix.

Associated Press

Continued from Front

As climate change leads to more intense, frequent and longer lasting heat waves across the United States and around the world, historically temperate and even cold areas are grappling with the effects of high temperatures.

Gray, cool and drizzly much of the year, the Pacific Northwest roasted with triple digit temperatures during an unusual heat wave last summer that was blamed for numerous deaths. The temperatures in Oregon and Washington state soared back up into the 90s this summer, a sign that global warming has created a new normal for hot weather in the region. In Philadelphia, where temperatures typical fall into the 20s and 30s (-7 to -1 C) in the winter, summers are becoming increasingly hotter with more summer days pushing over 90 degrees (over 32 C).

The national nonprofit Trust

for Public Land recently wrapped up a two-year initiative that used public art to raise awareness about the growing dangers of urban heat and spark conversation about extreme temperatures in low income communities of color in that northeast city.

They distributed "Seedlings" coloring books designed by local artists with messages in English and Spanish in the heavily Hispanic Fairhill neighborhood, and organized public art workshops on designing shade structures and mural painting in racially diverse Grays Ferry. The Environmental Protection Agency recently recognized Philadelphia's Heat Response project and similar initiatives are now underway or proposed in places around the U.S., including New York's Harlem neighborhood, Miami, Seattle and California's Ventura County.

Owen Franklin, director of the Trust for Public Land in Pennsylvania, said

the Philadelphia project sparked conversations about crowded, aging neighborhoods that experience temperatures up to 20 degrees (11 C) hotter than nearby ones because they don't have parks or enough tree canopy.

"There is a lot of learning all of us need to do, and not just people living in these neighborhoods," said Franklin, noting that organizers learned from community members that they often sleep with closed windows on hot summer nights due to concerns about crime.

"The rest of us need to know what people experience so we can combat the problem," he said.

In Phoenix, Carrillo is working with several other graduates of the five-month academy to design a "cool corridor," a pedestrian path that will be lined with plants native to the Sonoran desert like mesquite trees, cactus and creosote to be purchased with a grant from the Nature Con-

servancy and planted this fall. The team also plans related community meetings with local residents.

"We want people to have their voices be heard about what their neighborhoods look like," said Carrillo.

The academy held its first course last year with about 40 neighborhood residents who joined the weekly gatherings online to hear subject experts explain such things as transpiration, a process that allows plants to cool off surrounding areas, and the impacts of extreme heat on people.

"We are trying to help people to work on solutions that will cool down their neighborhoods over the long term," said Anna Bettis, the healthy cities program director for The Nature Conservancy in Arizona. "Shade is a resource. If you just look around, you can see how unequally it is distributed in some neighborhoods."

And it's not just in places more accustomed to ex-

tremely high temperatures like Phoenix's Maricopa County, where the mercury hit 115 degrees F (46.1 C) in July and 339 people died of heat associated causes last year. A Nature Conservancy initiative in Atlanta has planted 300 trees, and overseen eight community gardens along that city's Southern River, said Bettis.

Carrillo discussed his team's plans for a cool corridor with a few visitors to an informal event organized in late September by an Arizona State University class of graduate design students at Academia del Pueblo, a K-8 charter school in his neighborhood. "We don't have proper sidewalks here and a lot of our students have to walk five or more blocks without shade in more than 100 degree heat (37.7 C)," said Teresa Silva, who teaches at the school. "We don't have transportation and their parents often work several jobs and can't pick them up."

Neighbor Carlos Ramirez stopped by with his son Alexis, 13, to learn how the ASU students are examining ways to improve shade in the area.

"It can get hot here," the elder Ramirez allowed. "It would be good to have more trees."

In another Phoenix neighborhood with sparse shade, heat academy graduate Curtis Merritt, a disabled Navy veteran, is working with his team to plant up to a dozen fig, apple, pear and citrus trees in an area considered to be a food desert, without adequate access to nutritious food.

The public school student body in Merritt's rundown neighborhood north of the Phoenix Sky Harbor International Airport is working class and about 80% Latino, and the local Prentice Park has become home to scores of homeless people in recent years.

"What's great about this project is that I not only get to help cool down my neighborhood by teaching and engaging," said Merritt. "Someday with those trees I'll be able to feed my neighbors, too." □

Haaland: U.S. expanding Native American massacre site

By JAMES ANDERSON

Associated Press

DENVER (AP) — Interior Secretary Deb Haaland announced an expansion Wednesday of a National Park Service historical site dedicated to the massacre by U.S. troops of more than 200 Native Americans in what is now southeastern Colorado.

Haaland, the first Native American to lead a U.S. Cabinet agency, made the announcement during a solemn ceremony at the Sand Creek Massacre National Historic Site about 170 miles (272 kilometers) southeast of Denver to honor the dead, survivors and their descendants.

The move marks the latest step taken by Haaland to act on issues important to Native Americans in her role as Interior Secretary. Haaland's "Tribal Homelands Initiative" supports fundraising to buy land and requires federal managers to seek out Indigenous knowledge about resources.

Haaland's selection to lead the federal agency that has wielded influence over the nation's tribes for nearly two centuries was hailed as historic by Democrats and tribal groups who said it meant that Indigenous people — who lived in North America before the United States was created — would for the first time



An entrance sign is shown at the Sand Creek Massacre National Historic Site in Eads, Colo., on Dec. 27, 2019.

see a Native American lead the powerful department where decisions on relations with the nearly 600 federally recognized tribes are made.

Earlier this year, the agency released a first-of-its-kind report about Native American boarding schools that the U.S. government supported to strip Indigenous people of their cultures and identities. She has also formally declared "squaw" a derogatory term and taken steps to remove it from federal government use and to replace other derogatory place names.

Expansion of the Sand Creek Massacre site will provide more opportunities for visitors to learn about the 1864 massacre of Cheyenne and Arapaho, most of them women and children, Haaland said Wednesday. She declared that it is her department's "solemn responsibility" to "tell the story of our nation." "The events that took place here forever changed the course of the Northern Cheyenne, Northern Arapaho, and Cheyenne and Arapaho Tribes," she said. "We will never forget the hundreds of lives that were

brutally taken here — men, women and children murdered in an unprovoked attack. Stories like the Sand Creek Massacre are not easy to tell but it is my duty — our duty — to ensure that they are told. This story is part of America's story." The historic site near Eads, Colorado, preserves the haunting landscape of the Nov. 29, 1864, attack by a volunteer U.S. Cavalry regiment. Troops swept into a sleeping encampment of 750 Native Americans along Sand Creek, killing more than 230 Cheyenne and Arapaho, most of

them women, children and the elderly.

The expedition ostensibly was to retaliate for Native American raids on white settlers. Soldiers carried body parts back to Denver in celebration. But some commanders refused to attack, saying Native American leaders who believed they had made peace with the U.S. commander of nearby Fort Lyon tried to wave white flags. Congress condemned leader Col. John M. Chivington for an unprovoked massacre. Max Bear, the tribal historic preservation officer for the Cheyenne and Arapaho Tribes of Oklahoma, welcomed Haaland's homage as sustaining the storytelling mission he and countless others have dedicated their lives to.

"We don't want our children and grandchildren to fight an uphill battle to know what happened to our folks," said Bear, a descendant of Cheyenne Chief Black Whiteman, who sought food and shelter for the widowed and the orphaned after the attack. Whiteman also signed the Treaty of Medicine Lodge in 1867, intended to end retaliatory Indian raids by forcibly settling Cheyenne, Arapaho and other tribes to reservations on "Indian Territory" in what is now Oklahoma, Bear said. □

Associated Press

Last of migrants flown to Martha's Vineyard to leave shelter

BOSTON (AP) — The last of dozens of migrants shipped to Martha's Vineyard last month are set to depart temporary shelter at a military base on Cape Cod for transitional housing by the end of the weekend, according to Massachusetts Gov. Charlie Baker's administration.

The Venezuelan migrants were lured onto Florida Gov. Ron DeSantis' flights to Martha's Vineyard from San Antonio.

A lawsuit filed in federal court in Boston last month alleges the migrants were told they were going to

Boston or Washington and were induced with perks such as \$10 McDonald's gift certificates.

Instead the migrants were flown to Martha's Vineyard with no notice to local officials.

DeSantis, a Republican, has defended his decision to fly the migrants to the island saying they went completely voluntarily and — without evidence — that they were in awful condition when Florida got involved.

The planes with the migrants landed on Sept. 14. Two days later, 49 migrants

were moved to Joint Base Cape Cod for shelter and humanitarian aide.

Of those, 14 have already left the base for opportunities in Massachusetts and elsewhere. The remaining 35 were working with case managers to develop more sustainable housing plans, according to Baker's administration.

While on the base, the migrants were provided with temporary shelter, food, clothing and hygiene supplies, legal aid, and access to health care, mental health, crisis counseling services.



Immigrants gather outside St. Andrew's Episcopal Church on Sept. 14, 2022, in Martha's Vineyard, Massachusetts.

Associated Press

A community services organization on Martha's Vineyard also helped pro-

vide financial assistance to those receiving shelter at the base. □

Barges grounded by low water halt Mississippi River traffic

By **JIM SALTER**
Associated Press

The unusually low water level in the lower Mississippi River is causing barges to get stuck in mud and sand, resulting in delays for shippers, recreational boaters and even passengers on a cruise line.

Lack of rainfall in recent weeks has left the Mississippi River approaching record low levels in some areas from Missouri south through Louisiana. The U.S. Coast Guard said at least eight "groundings" of barges have been reported in the past week, despite low-water restrictions on barge loads.

One of the groundings happened Friday between Louisiana and Mississippi, near Lake Providence, Mississippi. It halted river traffic in both directions for days "to clear the grounded barges from the channel and to deepen the channel via dredging to prevent future groundings," U.S. Army Corps of Engineers spokesperson Sabrina Dalton said in an email.

As a result, dozens of tows and barges were lined up in both directions, waiting to get by. The stoppage also brought a halt to a Viking cruise ship with about 350 passengers on board, said R. Thomas Berner, a Penn State professor emeritus of journalism and American studies, and one of the passengers.



Barges idle while waiting for passage in the Mississippi River near Vicksburg, Miss., on Tuesday, Oct. 4, 2022.

The Viking ship was originally supposed to launch from New Orleans on Saturday, but the water there was so low that the launch was moved to Baton Rouge, Louisiana, Berner said.

By Tuesday, the ship was halted near Vicksburg, Mississippi, due to the backup caused by the grounding. It wasn't near a dock so passengers couldn't leave. The ship's crew kept people entertained as much as possible with music, games

and other activities. "Some of us are taking naps," Berner joked. The stuck barges were freed midday Tuesday. Berner said the cruise ship restarted Tuesday night, but the restart didn't last long: Viking told passengers in a letter Wednesday that the rest of the scheduled two-week trip was being called off, citing low water problems causing additional closures. Viking made arrangements to get passengers home and the letter said they would get a full refund.

Nearly all of the Mississippi

River basin, from Minnesota through Louisiana, has seen below-normal rainfall since late August. The basin from St. Louis south has been largely dry for three months, according to the National Weather Service. The timing is bad because barges are busy carrying recently harvested corn and soybeans up and down the river.

Lucy Fletcher of the agricultural retailer AGRIServices of Brunswick, who serves on the board for the St. Louis-based trade association Inland Rivers, Ports & Termi-

nals, said navigation woes on the Mississippi, Missouri and other major rivers have some shippers looking at other means of transportation.

"Can they divert to rail?" Fletcher asked. "Well, there's not an abundance of rail availability. And usually people are booking their transportation for fall early in the season. So if they haven't booked that freight already, you're going to see people in dire straits."

Fletcher said that with the supply chain still snagged following the COVID-19 pandemic, trucks also are largely booked and unavailable.

To keep river traffic flowing, the Corps of Engineers has been dredging the Mississippi at several spots and placed limits on the number of barges each tow can move.

Last week, Corps officials in Louisiana said the low river level was allowing salt water from the Gulf of Mexico to creep up into the Mississippi. They planned an underground levee aimed at keeping salt water out of water treatment plants.

The shallow water also forced the mid-September closure of a ferry that carries vehicles across the Mississippi River between Kentucky and Missouri. □

Officer shoots armed man inside Chicago police station

By **DON BABWIN**
Associated Press

CHICAGO (AP) — A Chicago police officer shot an armed man who entered a police station on the city's West Side "ranting" anti-law enforcement statements on Wednesday, just days after an officer shot a man who infiltrated another police facility and pointed guns at officers, a department spokesman said.

Police Superintendent David Brown said during a news conference that the man walked into the lobby

of the Ogden District station shortly before 1 p.m. holding a plastic bag with what appeared to be the barrel of a gun sticking out of it.

Brown said the man was "ranting anti-police sentiments," and that when officers told him to drop the weapon, the man instead pointed it at officers, prompting approximately three of them to open fire. Brown said the man was shot at least once in the shoulder.

The department said his injuries are not considered

life threatening.

Department spokesman Tom Ahern said in a tweet that the man was taken to a hospital in stable condition and that his gun was recovered at the scene. Brown said detectives had not yet determined the man's identity, saying he has been uncooperative.

The shooting occurred a little more than a week after 47-year-old Donald Patrick of Waukegan was shot by police after he climbed a fire escape of another West Side station, entered the building, grabbed hand-



Police gather outside the Ogden District police station after an officer shot a man who allegedly pulled out a gun in the lobby, Wednesday, Oct. 5, 2022, in Chicago.

Associated Press

guns off a table and allegedly pointed them at officers who were undergoing SWAT training. Patrick was arrested and charged with burglary and aggravated

assault of an officer using a firearm. He remains in jail. Brown said the department is examining what it can do to beef up security at police stations in the city. □

Putin signs annexation of Ukrainian regions as losses mount

By ADAM SCHRECK

Associated Press

KYIV, Ukraine (AP) — Russian President Vladimir Putin signed the final papers Wednesday to annex four regions of Ukraine while his military struggled to control the new territory that was added in violation of international laws.

Ukrainian law enforcement officials, meanwhile, reported discovering more evidence of torture and killings in areas retaken from Russian forces.

The documents finalizing the annexation were published on a Russian government website. In a defiant move, the Kremlin held the door open for further land grabs in Ukraine.

Speaking in a conference call with reporters, Kremlin spokesman Dmitry Peskov said that "certain territories will be reclaimed, and we will keep consulting residents who would be eager to embrace Russia."

Peskov did not specify which additional Ukrainian territories Moscow is eyeing, and he wouldn't say if the Kremlin planned to organize more such "referendums."

Putin last week signed treaties that purported to absorb Ukraine's Donetsk, Luhansk, Kherson and Zaporizhzhia regions into Russia. The annexation followed Kremlin-orchestrated "referendums" in Ukraine that the Ukrainian government and the West have dismissed as illegitimate.

The Russian president defended the validity of the vote, saying it's "more than convincing" and "absolutely transparent and not subject to any doubt."

"This is objective data on people's mood," Putin said Wednesday at an event dedicated to teachers, adding that he was pleasantly "surprised" by the results.

On the ground, Russia faced mounting setbacks, with Ukrainian forces retaking more and more land in the eastern and southern regions that Moscow now insists are its own.



Russian President Vladimir Putin attends a meeting with the winners and finalists of the School Teacher of the Year national contest via videoconference at the Novo-Ogaryovo residence outside Moscow, Russia, Wednesday, Oct. 5, 2022.

Associated Press

The precise borders of the areas Moscow is claiming remain unclear, but Putin has vowed to defend Russia's territory including the annexed regions with any means at his military's disposal, including nuclear weapons.

Shortly after Putin signed the annexation legislation, the head of Ukrainian President Volodymyr Zelenskyy's office, Andriy Yermak, wrote on his Telegram channel that "the worthless decisions of the terrorist country are not worth the paper they are signed on." "A collective insane asylum can continue to live in a fictional world," Yermak added.

Zelenskyy responded to the annexation by announcing Ukraine's fast-track application to join NATO. In a decree released Tuesday, he also ruled out negotiations with Russia, declaring that Putin's actions made talking to the Russian leader impossible.

In the eastern Kharkiv region, more disturbing images emerged from areas recently reclaimed from Russia.

Serhiy Bolvinov, who heads the investigative department of the national police in the region, said authorities are investigating

an alleged Russian torture chamber in the village of Pisky-Radkivski.

He posted an image of a box of what appeared to be precious metal teeth and dentures presumably extracted from those held at the site. The authenticity of the photo could not be confirmed.

Ukraine's prosecutor general also spoke of new evidence of torture and killings found Wednesday in the Kharkiv region.

Andriy Kostin told The Associated Press on the sidelines of a security conference in Warsaw that he had just been notified of four bodies found with signs of possible torture. He said they were believed to be civilians but an investigation was still needed.

Two bodies were found in a factory in Kupiansk with their hands bound behind their backs, while two other bodies were found in Novoplatonivka, their hands linked by handcuffs.

During his public speech, Kostin said officials found the bodies of 24 civilians, including 13 children and one pregnant woman, who had been killed in six cars near Kupiansk. It was not clear when the discovery was made.

On the battlefield, Russia

and Ukraine gave conflicting assessments of a Ukrainian counter-offensive in the Russian-occupied southern Kherson region. A Moscow-installed regional official insisted that Ukrainian advances had been halted.

"As of this morning ... there are no movements" by Kyiv's forces, Kirill Stremousov said Wednesday in comments to state-run Russian news agency RIA Novosti. He vowed the Ukrainian fighters would not enter the city of Kherson.

However, the Ukrainian military said the Ukrainian flag had been raised above seven Kherson region villages previously occupied by the Russians.

The closest of the liberated villages to the city of Kherson is Davydiv Brid, some 100 kilometers (60 miles) away.

The deputy head of the Ukrainian regional government, Yuriy Sobolevskyi, said military hospitals were full of wounded Russian soldiers and that Russian military medics lacked supplies.

Once they are stabilized, Russian soldiers were getting sent to Crimea, which Russia annexed from Ukraine in 2014.

"Not everyone arrives," Sobolevskyi wrote. □

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U.S. envoy blames Houthis for failure to extend cease-fire

By JACK JEFFERY

Associated Press

CAIRO (AP) — The U.S. envoy to Yemen on Wednesday blamed rebel Houthi leaders for the recent failure to extend the country's cease-fire agreement, accusing them of making last-minute 'maximalist demands' that derailed constructive negotiations.

Yemen's warring sides failed to reach an agreement to extend the nationwide truce Sunday, threatening to reignite the country's bloody civil war after a six-month cessation in front-line fighting.

During a news conference, U.S. Special Envoy to Yemen Tim Lenderking said the Houthis 'hijacked' the negotiations by suddenly demanding the salaries of their military and security personnel be paid before that of Yemeni civil servants. Lenderking did not provide any other reason for the failure of the negotiations. The U.N.-backed truce took effect in April, as the war entered its eighth year. The ruinous conflict began in 2014 when Iranian-backed Houthi forces seized the capital of Sanaa and much of northern Yemen, pushing the government into exile. In response,



Armed Houthi fighters attend the funeral procession of Houthi rebel fighters who were killed in recent fighting with forces of Yemen's internationally recognized government, in Sanaa, Yemen, Wednesday, Nov. 24, 2021.

Associated Press

a Saudi Arabia-led coalition which included the United Arab Emirates intervened in 2015 to try to restore the internationally recognized government to power. Following the passing of the cease-fire deadline, small exchanges of fire were reported in the western governorate of Al Dhalea, while military reinforcements were deployed by both sides in the front-line cities of Marib and Taiz.

The reports post-cessate-fire could not be immediately confirmed by The Associated Press.

A Houthi official told the AP on Sunday that the U.N.'s unwillingness to provide written guarantees for several of the group's demands proved the major obstruction to negotiations. The demands included the payment of employee salaries and the opening of Sanaa airport and the Houthi-

held port of Hodeidah, the official said, who spoke on the condition of anonymity as he was not authorized to brief the media.

April's truce had originally established the partial opening of the capital's airport and the Red Sea port of Hodeida, as well as the lifting of the Houthi blockade on Taiz, the country's third largest city. However, disagreements over the opening and con-

trol of Taiz's key entry roads has meant the city has remained under a Houthi-imposed siege. Both sides have reported several violations of April's cease-fire agreement.

However, Farea Muslimi, an associate fellow at British think tank Chatham House specializing in Yemen, told The Associated Press it is still likely Houthi leaders will be forced back to the negotiation table.

"In not backing down from their position, the Houthis face expanded military pressure from U.S. and Saudi allies, along with greater internal economic difficulties," he said.

The Houthi forces have deployed an increasingly effective arsenal of weapons against Saudi Arabia and other rivals in recent years, including cruise missiles and drones, akin to those manufactured by their major backer Iran. Many of these larger weapon types were displayed in a Houthi military parade in late September. The Saudi-led coalition remains the dominant aerial force and has launched thousands of airstrikes on Houthi positions since 2015, resulting in the deaths of thousands of civilians, rights groups say. □

Drug capo among 16 dead in bloody Ecuador prison riot

QUITO, Ecuador (AP) — The death toll from a bloody fight among inmates at a prison in central Ecuador rose to 16 Tuesday, and

authorities said one of the dead was an alleged drug gang boss who had evaded charges in Peru by faking his death during the

pandemic. Officials said the number of wounded from clashes among inmates armed with guns and knives at the state prison in Latacunga stood at 43, with two in critical condition. The fighting erupted Monday and continued into the early hours of Tuesday.

The drug capo was identified as Leonardo Norero, alias "El Patron." Authorities said that they could confirm his death but that rules allowed details of how he died to be given only to his family.

Norero, 35, had been arrested in an exclusive area of Guayaquil in late May during a raid that officials said seized 42 gold bars, weapons, jewelry and about \$7

million in cash. They said he owned at least seven companies and luxury real estate, among other assets. He was being held at the medium-security prison in Latacunga, about 80 kilometers (50 miles) south of the capital, Quito, while awaiting trial on drug trafficking and money laundering charges.

Norero also was wanted on drug trafficking charges in Peru, where authorities say he managed to evade justice in mid-2020 by faking his own death amid the coronavirus pandemic and escaping to Ecuador. His lawyers had presented a falsified death certificate and purported photos of his death.

Dozens of soldiers arrived

at the Ecuadorean prison at midday Tuesday to reinforce security while administrative personnel were evacuated from inside the complex.

In recent years, Ecuador's state prisons have seen numerous bloody clashes between rival groups of prisoners, which authorities have blamed on disputes among rival drug gang members. Prison official said 316 inmates were killed by other prisoners last year, while so far this year there have been 106 fatalities.

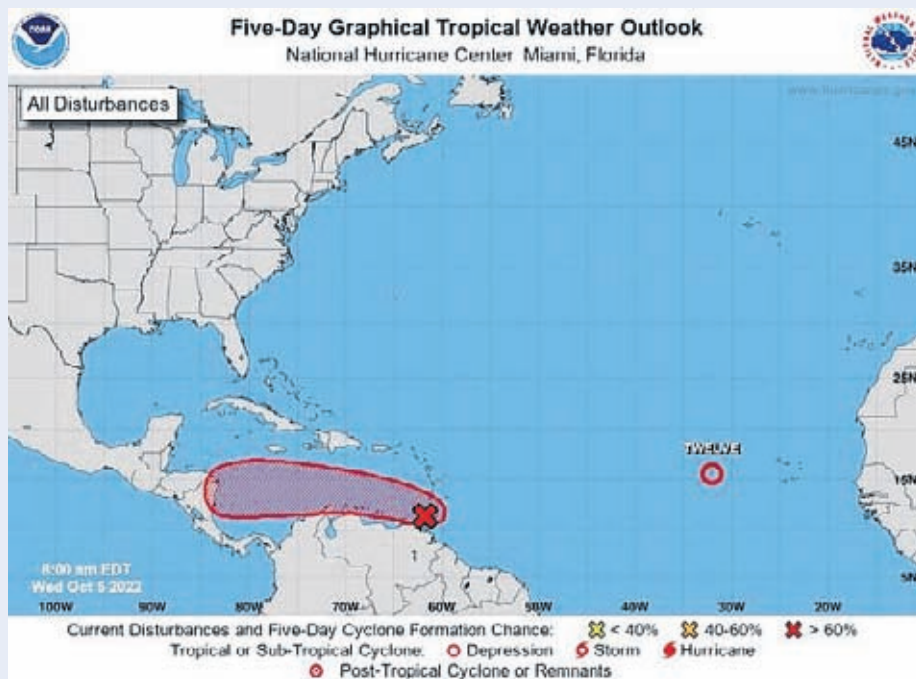
The worst battle occurred in September 2021 at the Litoral Penitentiary in Guayaquil, when 125 prisoners were killed. Two months later, a fight at the same prison caused 65 deaths. □



Inmates are held at a prison yard after a deadly riot in Latacunga, Ecuador, Tuesday, Oct. 4, 2022.

Associated Press

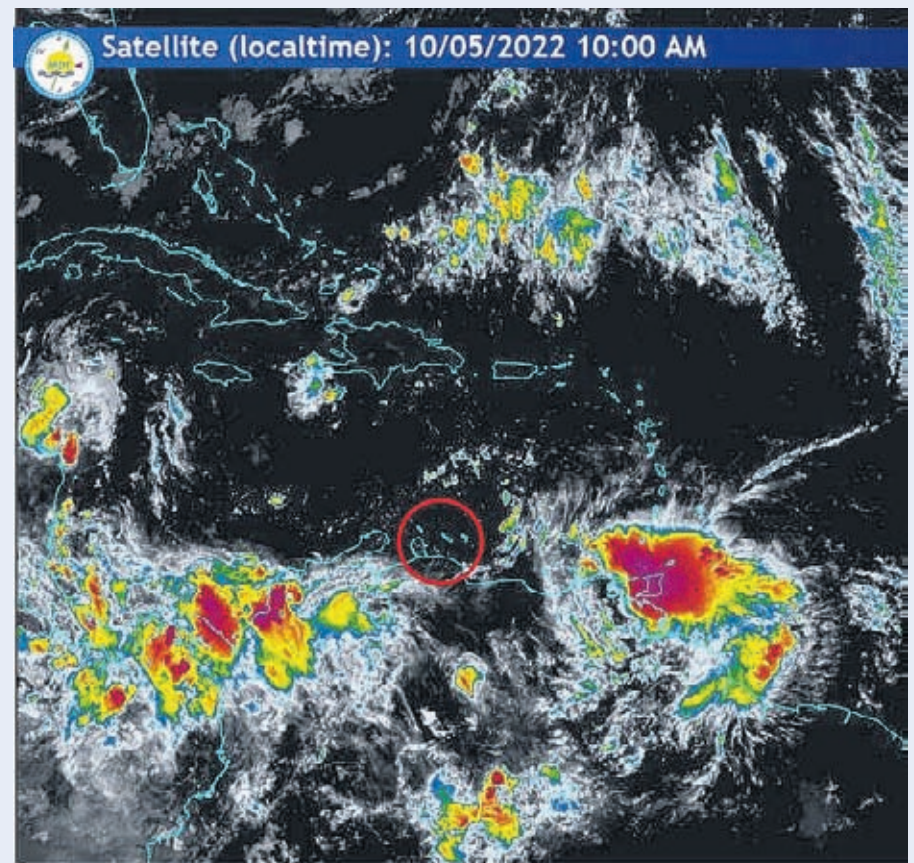
Adverse weather alert



Issuance time (local time): Wednesday, Oct 5, 2022 3:00 PM
Start date (local time): Thursday, Oct 6, 2022 6:00 AM
End date (local time): Saturday, Oct 8, 2022 12:00 PM

Synopsis: Periods of rain and/or showers of varying intensities are expected from early morning (06th October 2022 to Saturday 08th October) commencing over Aruba and surroundings as an active tropical wave traverses westward near our area. Regardless of development there is a high chance of locally heavy showers and thunderstorms that can produce intense rainfall during that period in excess of 25 to 45 mm. Gusty winds in excess of 50 to 60 km/h may be experienced especially in the vicinity of heavy showers/thunderstorms. Street to urban flooding are also likely in moderate to heavy showers.

Marine Conditions: Seas can become quite rough to locally rough mainly on the east to northwest coastal sections and choppy at times on the south sides and in sheltered or protected areas.



Hence, a Small Craft Advisory will become in effect for the east to northwest coastal section and also elsewhere for open waters as by 6 AM Thursday. Operators of small vessels are advised not to venture in areas with showers and thunderstorms.

Repeat:

Expected Rainfall of 25 to 45 mm.

A Small Craft Advisory will become in effect as by 6 AM Thursday, especially for the east to northwest coastal regions and open waters. Operators of small vessels are advised not to venture in or near areas with showers and or thunderstorms.

New stage for Aruparking

After a period of inactivity, Aruparking to be reactivated

ORANJESTAD – During a press conference yesterday, the director of Aruparking NV informed the community on the new policy for Aruparking. Mr. Mohamed explained the restarting of the control on parking, which will take place in phases, beginning with a phase of awareness.

During the first phase, they will be handing out stickers so that every user will be well informed and aware, so that everyone has a chance to comply with parking rules.

The awareness phase will last for three months before the reactivation of the control on Aruparking. After this, if someone is parked illegally, they will be sanctioned. For now, Arubaparking will control the citizens committing infractions by sticking an orange sticker, to communicate the infraction.

Aruparking will control, among other things, the permit of all those parking in the yellow spots. It will also control if the parking is incorrect, for example, parking on the sidewalk. White spots will be destined for those who pay at the parking meters. Aruparking is working on the maintenance of the parking meters in order to reactivate them at the beginning of 2023.

Regarding sanctions against those breaking the rules, this will be decided shortly. It was agreed with the Raad van Commissarissen of the agency that they will present their advice to minister of Transport, Ursell Arends. The minister will bring this during the Council of Ministers where they will deliberate to reach a position for the government. This way they intend to reach the best solution to manage parking in the city centre and to reactivate Aruparking in its totality in 2023.

"There is a demand in the community for a parking management in the city centre. We must give our people time to get used to an active Aruparking again, and this is why we are starting with a sticker action. This way our people will be-

come aware of where and how it is allowed to park. For this reason there won't be any sanctions yet. The decision on how to implement [sanctions] will be taken later according to our plans", minister Arends emphasized.





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Bowls Noodle Bar invites you to a Happy Hour with a unique flavor



Bowls Noodle Bar recently opened at their new location at The Village, near the High Rise Hotels. To celebrate, they are launching their new Happy Hour from 9pm to 11pm every day.

Before the pandemic, Bowls Noodle Bar opened at the Hyatt by the airport, and was in the process of opening a second location at The Village when the pandemic hit. Due to the consequences of the pandemic, they decided to close the restaurant by the airport and open their new location at The Village. Their new location has been open for about six months to great results.

At The Village, night time is the best time. This is why they are now offering a daily Happy Hour, from 9pm to 11pm. It includes \$3 beer and \$5 cocktails.

Their cocktails are made in-house with a unique fusion of Asian flavors, for example, the popular purple Ube Mojito, with the flavor of traditional Ube, a Japanese dessert; the Blue Samurai with ginger flavor; and



the refreshing Fruity Blossoms, with a flavor encompassing the Sakura, the famous Japanese Cherry Blossoms. You can try all these for only \$5 each during Happy Hour.

Fusion is at the core of the unique flavors of Bowls Noodle Bar, and this is expressed beautifully in their traditional Japanese soups. They are the only restaurant in Aruba that has most of the noodles traditionally used, Udon, Ramen, and Rice noodles. Ramen noodles, served fresh, are a surprising flavor for those who are used to dried ramen noodles. They also have Jasmine rice for the rice bowls.

Their authentic soups are the highlight and star. Chef Warren explains that there are four main components to the soup: the broth, the noodles, tare, and the oil, and these are very important for the traditional Japanese soups. At Bowls Noodle Bar, they have a wide variety of flavors to cater to every taste, like the famous Pork Chashu. It comes with fresh ramen noodles, and it's the pride of Bowls Noodle Bar. Chef Warren says that the broth for this soup takes two to three days to make, and is made in-house, with fresh and delicious ingredients. They also cater to vegetarians and vegans, with various options on the menu like tofu mushroom soup, vegetable



gyoza, wonton, and fresh kimchi fermented at the restaurant.

The wok concept also allows you to create your own unique dish, choosing your base, protein, vegetables and sauce.

Origin

The founders of Bowls Noodle Bar, Dexter Moreno and his partner Lai, opened their first location on Curaçao. They traveled to Japan to study Japanese Cuisine, and they fell in love with Japanese soup. Lai's parents are Chinese, and this is the start of the Asian-fusion flavors that are both surprising and delectable, combining Japanese, Chinese and even some Korean cuisine. Chef Warren was trained in these traditional flavors by the founders themselves.



They came to Aruba where Dexter approached some ex-colleagues in the industry to open a location on the island, and with a local team, opened Bowls Noodle Bar Aruba with a more extensive menu.

Opening hours are Monday to Thursday 5pm – 11:30pm; Friday and Saturday 5pm – 12pm; and Sunday 5pm – 11:30pm. Come visit for great atmosphere, delicious flavors, and a Happy Hour to remember! ☐

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Post Aruba emits the stamp series "Love your dog"

On October 4, 2022, which is World Animal Day is, Post Aruba N.V. emitted its stamp series entitled "Love your dog".

The issue has become a reality in collaboration with the National Plan that deals with the dog issues on the island in the context of the "Dog Ordinance", by holding a drawing competition entitled "Love your dog" that took place in 2021. The aim of the competition is to let the children express themselves and at the same time to make them aware of the importance of properly caring for their pet and to inform them of the "Dog Ordinance". The National Plan committee proposed four themes from which the children could choose to draw. Of the more than 1000 drawings that have come in, one winner has been chosen from each theme and thus his or her drawing has become a stamp design. The four themes and the winners of the 2021 drawing competition "Love your dog" that are issued as stamps are:

- "Wash your dog": Nathan Kelly – 6th class of the St. Anna School*

Inspiration: Nathan has always had the desire to have his own dog to wash and care for. With this drawing competition, he has learned how to take better care of a dog. Now he hopes that he will have his own dog in order to make his drawing a reality and to prove how much he loves and can take good care of a dog.

- "Play with your dog": Angel Shurumay - 4th class of the St. Anna School*

Inspiration: Angel portrays himself in his drawing because he has always dreamed of having a dog with which he can walk and play, care for and love like a faithful friend.

- "Walk your dog on a collar": Eoleth Urdaneta Contreras - 5th class of the Maria School*

Inspiration: Eoleth sees herself walking around freely in the park with her dog and enjoying the scenery, nature and the beautiful blue sky.

- "Your dog as a member of the family": Marianne Casafus - 5th class of the Scol Primario Kudawechea*
 Inspiration: Marianne considers her dogs as family members. When she comes home, they are overjoyed and they show their great love for her.

* Class of the year 2021, at the moment they participated in the drawing competition.

Post Aruba has committed to the committee's objective of beginning to inculcate respect for our Dog Ordinance and the love for pets in our children. This guarantees a better future in terms of the care of a pet by its owner and a more responsible choice for whether or not to have a pet.

This stamp series is accompanied by a First Day Envelope designed by Mr. Elvis Tromp.

They are available at Post Aruba in Oranjestad and San Nicolas and also through www.postaruba.com/stampshop



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For Directions

Team Building Event of Do It Center and Super Do It Center

During 3 nights employees of Do It Center and Super Do It Center came together for their annual Team Building Event.

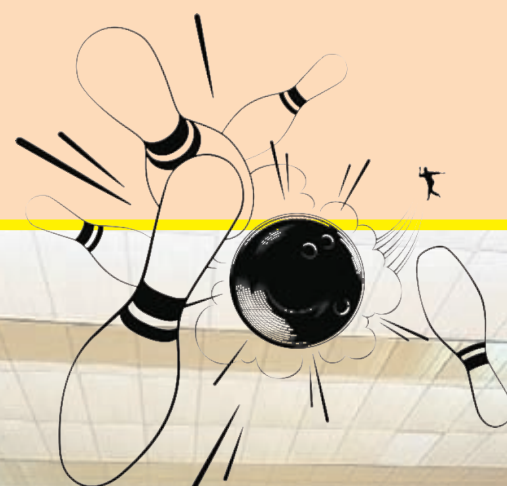
This year the Team Building Event consisted of 3 game nights.

First Night, Bowling Night; in total there were 14 teams who gave their maximum effort to become the winners of the Bowling Night. Some teams came in nice costumes while others had some very creative t-shirts for their team. The winners for this first day was the "Pata Pata Crew" and the team with the best costume was "Do it Salsa"

Second night they had to play "Trivial Pursuit" at the Don Bosco Club. A total of 12 teams were formed to brainstorm on the difficult questions. The "Pica Piedra Group" won this night.

To end the Team Building Event teams had to participate at a Car Rally. Here the team Banana's by Minions were the absolute winners of the night. The price for best costume went to the Ghost Busters Team.

A very successful Team Building Event and the employees are already looking forward for their next Team Building Event. □



Do it Center®

Aruba laid wreath during commemoration of 30 years Bijlmer tragedy



THE HAGUE – At the Groeiend Monument, last Tuesday 4th of October the annual commemoration took place for the victims of the Bijlmer tragedy. This year marks 30 years since a Boeing 747 cargo from EL AL fell on the flats Groeneveen and Klein-Kruitberg.

The tragedy cost the lives of 43 people, of which 12 were Arubans. Interim director of Arubahuis, Glenda Hernandez laid a wreath in the name of the government and people of Aruba.

Before the laying of the wreath there was a special program in the CEC-gebouw in Bijlmer, the Netherlands. Here, the mayor of Amsterdam, Femke Halsema gave a speech, in which she spoke of the pain that still lives in the habitants of Amsterdam-Zuidoost. She said also that the tragedy made people more confident in themselves. "The tragedy contributed to a generation of people who made Zuidoost a better place", Halsema said, adding that the tragedy at Bijlmer is a "heritage to every Dutch citizen".

In the name of the government of the Netherlands, the State Secretary for Infrastructure, Vivianne Heijnen gave a speech saying that the tragedy "is a scar on the soul of the Netherlands". Even though the plane fell on Amsterdam-Zuidoost, "it could've fallen on any other part of the Netherlands". That's not what destiny decided. It is a tragedy that affected all of us, and as dark as it might be, there is always a ray of light where people find, help and console each other, according to Heijnen.

The speeches were broken by music from the children choir of the primary school Crescendo, and a presentation of violinist Shauntell Baumgard. The musical part was closed by a presentation of ZO! Gospel Choir.

From the CEC-gebouw, a silent march was directed to the Groeiend Monument. Exactly at 4:35 – the time when the plane fell on Bijlmer in 1992 – a minute of silence was observed in remembrance of the victims, followed by the laying of wreaths.

The photographs are courtesy of Arubahuis. □



CROSSWORD

By THOMAS JOSEPH

ACROSS 44 Ancient Mesopotamian region
1 Liner parts
6 Pre-1917 rulers

DOWN 1 Last mo.
2 Ordinal number ending
3 School board users
4 New Zealander
5 Wheat whackers
6 Presentation aid
7 Changes direction
8 Bustle
9 Galloped
10 Pig's place
16 Postal choice
17 Niño's mother
18 Flynn of film
20 Briefing spot
21 Writer Bret
22 Detail map
24 Belief, in brief
25 Presidential nickname
27 Counsels
31 Noble
33 Radiator attachment
34 Beige
35 Bow's shape
36 Singer Reed
37 Bran bit
39 Exalted work
40 For each

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Yesterday's answer

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41					42				
43					44				

10-6

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

10-6 CRYPTOQUOTE

E K E J O V M X K Z W J G D C Z K

G Z K K M M , O Z T M Z B M Q Z D Y X

O M J W G A K Z W S A M X Z D H Y M

T M J B E B I . — T J M Q M O S

Yesterday's Cryptoquote: LIFE STARTS ALL OVER AGAIN WHEN IT GETS CRISP IN THE FALL. — F. SCOTT FITZGERALD

Keep it or toss it? 'Best Before' labels cause confusion

By DEE-ANN DURBIN
AP Business Writer

As awareness grows around the world about the problem of food waste, one culprit in particular is drawing scrutiny: "best before" labels.

Manufacturers have used the labels for decades to estimate peak freshness. Unlike "use by" labels, which are found on perishable foods like meat and dairy, "best before" labels have nothing to do with safety and may encourage consumers to throw away food that's perfectly fine to eat.

"They read these dates and then they assume that it's bad, they can't eat it and they toss it, when these dates don't actually mean that they're not edible or they're not still nutritious or tasty," said Patty Apple, a manager at Food Shift, an Alameda, California, nonprofit that collects and uses expired or imperfect foods. To tackle the problem, major U.K. chains like Waitrose, Sainsbury's and Marks & Spencer recently removed "best before" labels from prepackaged fruit and vegetables. The European Union is expected to announce a revamp to its labeling laws by the end of this year; it's considering abolishing "best before" labels altogether.

In the U.S., there's no similar push to scrap "best before" labels. But there is growing momentum to standardize the language on date labels to help educate buyers about food waste, including a push from big grocers and food companies and bipartisan legislation in Congress.

"I do think that the level of support for this has grown tremendously," said Dana Gunders, executive director of ReFED, a New York-based nonprofit that studies food waste.

The United Nations estimates that 17% of global food production is wasted each year; most of that comes from households. In



A "best before" date is seen on a container of hummus, Saturday, Aug. 20, 2022, in Boston.

Associated Press

the U.S., as much as 35% of food available goes uneaten, ReFED says. That adds up to a lot of wasted energy including the water, land and labor that goes into the food production and higher greenhouse gas emissions when unwanted food goes into landfills.

There are many reasons food gets wasted, from large portion sizes to customers' rejection of imperfect produce. But ReFED estimates that 7% of U.S. food waste or 4 million tons annually is due to consumer confusion over "best before" labels.

Date labels were widely adopted by manufacturers in the 1970s to answer consumers' concerns about product freshness. There are no federal rules governing them, and manufacturers are allowed to determine when they believe their products will taste best. Only infant formula is required to have a "use by" date in the U.S.

Since 2019, the Food and Drug Administration which regulates around 80% of U.S. food has recommended that manufacturers use the labels "best if used by" for freshness and "use by" for perishable goods, based on surveys showing that consumers understand those phrases.

But the effort is voluntary, and the language on labels continues to vary widely, from "sell by" to "enjoy by" to "freshest be-

fore." A survey released in June by researchers at the University of Maryland found at least 50 different date labels used on U.S. grocery shelves and widespread confusion among customers.

"Most people believe that if it says 'sell by,' 'best by' or 'expiration,' you can't eat any of them. That's not actually accurate," said Richard Lipsit, who owns a Grocery Outlet store in Pleasanton, California, that specializes in discounted food.

Lipsit said milk can be safely consumed up to a week after its "use by" date. Gunders said canned goods and many other packaged foods can be safely eaten for years after their "best before" date. The FDA suggests consumers look for changes in color, consistency or texture to determine if foods are all right to eat.

"Our bodies are very well equipped to recognize the signs of decay, when food is past its edible point," Gunders said. "We've lost trust in those senses and we've replaced it with trust in these dates." Some U.K. grocery chains are actively encouraging customers to use their senses. Morrisons removed "use by" dates from most store-brand milk in January and replaced them with a "best before" label. Co-op, another grocery chain, did the same to its store-brand yogurts. □



President Joe Biden listens to doctors speak during a meeting of the reproductive rights task force in the State Dining Room of the White House in Washington, Tuesday, Oct. 4, 2022.

Associated Press

U.S. starts fiscal year with record \$31 trillion in debt

By **FATIMA HUSSEIN**
Associated Press

WASHINGTON (AP) — The nation's gross national debt has surpassed \$31 trillion, according to a U.S. Treasury report released Tuesday that logs America's daily finances. Edging closer to the statutory ceiling of roughly \$31.4 trillion an artificial cap Congress placed on the U.S. government's ability to borrow the debt numbers hit an already tenuous economy facing high inflation, rising interest rates and a strong U.S. dollar. And while President Joe Biden has touted his administration's deficit reduction efforts this year and recently signed the so-called Inflation Reduction Act, which attempts to tame 40-year high price increases caused by a variety of economic factors, economists say the latest debt numbers are a cause for concern.

Owen Zidar, a Princeton economist, said rising interest rates will exacerbate the nation's growing debt issues and make the debt itself more costly. The Federal Reserve has raised rates several times this year in an effort to combat inflation.

Zidar said the debt "should encourage us to consider some tax policies that almost passed through the legislative process but didn't get enough sup-

port," like imposing higher taxes on the wealthy and closing the carried interest loophole, which allows money managers to treat their income as capital gains.

"I think the point here is if you weren't worried before about the debt before, you should be and if you were worried before, you should be even more worried," Zidar said.

The Congressional Budget Office earlier this year released a report on America's debt load, warning in its 30-year outlook that, if unaddressed, the debt will soon spiral upward to new highs that could ultimately imperil the U.S. economy. □

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Jake Lacy becomes a lead after years of supporting roles

By **ALICIA RANCILIO**

Associated Press

While most people slowed down during the pandemic, Jake Lacy's schedule accelerated. It began with filming "The White Lotus" for HBO, where his portrayal of an entitled newlywed dissatisfied with his honeymoon hotel room earned Lacy his first Emmy nomination.

"Since 'White Lotus,' I feel like I haven't stopped moving. If I'm home between now and New Year's, that'll be the longest we've been in one place in two plus years," said Lacy, 38, over Zoom from his home in Connecticut that he shares with his wife and two sons.

But he's also quick to note his good fortune because "My love for this work fires every one of my cylinders. When it's good, it's good. There's just nothing better for me (besides) my family and this work. Maybe reading books. That's it."

Lacy has been recognizable for more than a decade, popping up, for instance, on the final season of "The Office" as Pete, a new salesman at Dunder Mifflin, or as a suitor for Rooney Mara in "Carol." There was also a recurring role as Lena Dunham's good-guy boyfriend, Fran, in HBO's "Girls."

Although he was "work-



Jake Lacy poses for portraits on Wednesday, Sept. 28, 2022, in New York to promote his Peacock limited series "A Friend of the Family."

ing consistently," Lacy said doubt about that next job would creep in. "I felt like, 'I don't know how I'm going to have two kids and buy a house and do this, like it just might not happen'... then a job would come along and buoy me long enough to not feel that way anymore."

When "White Lotus" began production, Lacy said the set was energized by having cameras roll again.

"I think because of the pandemic, none of us had filmed in a year or eight months at best.

There was a real enthusiasm and kind of gnawing excitement to be like, 'Get me out there, let's do this,' you know? Murray Bartlett remembers the first scene he and I had when I'm coming to complain about the room. He was like, 'I remember we both came at each other like two wild dogs.' (Creator) Mike White had to go like, 'All right. This is the first time, let's pull it back a little bit,' Lacy laughed.

His latest role, in the new Peacock limited series "A Friend of the Family," is

more sinister.

He portrays a man who ingrains himself into a church-going family in the 1970s, only to abduct one of the daughters twice.

"A Friend of the Family" drops its first four episodes Thursday with the remaining five doled out weekly. Lacy plays Robert Berchtold or "B" who meets the Broberg family and immediately zeros in on one of the young daughters, Jan. "B" manipulates the Brobergs in a multitude of ways to gain access to Jan. The series is based on true events

with the real Jan Broberg and her mother, Mary Ann, signed on as producers. (A documentary about the case, "Abducted in Plain Sight," began streaming on Netflix in 2019.)

When he took the job, Lacy wanted to make sure the children who worked on the series would be regarded with care.

"Right from the jump, I asked (showrunner) Nick (Antosca), 'How are you handling the abuse?' He was like, 'We don't. We don't show it.' Narratively, I have no interest in it. As a producer, I don't want to create that kind of television."

As the person portraying the abuser, Lacy said he wanted to make sure both the kids and their parents felt safe because "the worst thing would be to try to tell a story about grooming and trauma and in the process, traumatize a kid. His concerns were lessened by production who he credits with checking "every box you could ask for."

"The production went out of their way to do that as well, both having a therapist on set always by union regulations, and then also changing the sides and scripts that were given to the kids, to protect them from what the experience was." □

Winfrey, Letterman among moderators for Michelle Obama tour

By **HILLEL ITALIE**

AP National Writer

NEW YORK (AP) — Oprah Winfrey, David Letterman and Ellen DeGeneres are among the celebrity moderators joining former first lady Michelle Obama on tour for her upcoming book, "The Light We Carry: Overcoming in Uncertain Times."

Other guests include Conan O'Brien, Tracee Ellis Ross, journalists Gayle King and Michele Norris, "Today" show host Hoda Kotb, poet Elizabeth Alexander and advocate Heather McGhee.

"For me, 'The Light We Carry' book tour will be

about starting important conversations and digging deeper into the questions that all of us are grappling with as we live through uncertain times," Obama said in a statement released Wednesday by her publisher, Crown, and the tour's producer, Live Nation. "I can't wait to get back on the road and dive into it with such a thoughtful, impressive group of moderators."

On Wednesday, Crown and Live Nation also announced that Obama has added seven stops to her monthlong, six-city tour, which begins at Washington's Warner Theatre on

Nov. 15, the book's publication date. Additional appearances have been scheduled in Washington, along with Chicago, Philadelphia, Atlanta, Chicago and San Francisco.

Some of the moderators, including Winfrey and Alexander, spoke with Obama when she promoted her 2018 memoir "Becoming." For the current tour, DeGeneres will be on stage for the first two nights, in Washington, with Perry scheduled to interview her in Atlanta, Letterman in Chicago and Winfrey for the last stop, in Los Angeles' YouTube Theater on Dec. 13. □



National Women's Hall of Fame inductees watch a video of Michelle Obama, who was also inducted, on Saturday, Sept. 24, 2022, in Geneva, N.Y.

Associated Press

Coaching carousel leaves 10 NHL teams with new face on bench

By **STEPHEN WHYNO**
AP Hockey Writer

The coaching carousel spun a little faster than usual across the NHL, meaning nearly a third of the league will have someone new behind the bench this season. And not just bottom-feeders making changes.

Ten teams go into the season next month with a new coach, from Presidents' Trophy-winning Florida and perennial playoff-contending Boston to rebuilding Chicago and San Jose.

John Tortorella will try to whip Philadelphia into shape, Bruce Cassidy is tasked with getting Vegas back to the playoffs and Derek Lalonde takes his two Stanley Cup rings as a Tampa Bay assistant to his new challenge with the Detroit Red Wings.

TORTS REFORM

Philadelphia players knew they were in for some changes when Tortorella was hired, so they asked Cam Atkinson, who spent six years playing for the no-nonsense coach in Columbus.

"I keep telling them like he's a guy that's going to change the whole dynamic of this organization," Atkinson said.

Tortorella has not shied away from saying a culture change is needed after a last-place finish and a decade with one playoff series win. There is likely not much he and players can do this year about a Cup drought that dates to 1975, but they can start with maddeningly inconsistent stretches of games that have plagued the Flyers for years, no matter the roster.

BIG MO

The Panthers were the league's best team in the regular season last year but struggled in the playoffs before losing in the second round to cross-state rival Tampa Bay in five games. That was enough for general manager Bill Zito to decide to move on from interim coach Andrew Brunette and hired seasoned veteran Paul Maurice.

The expectation is to get



Philadelphia Flyers' coach John Tortorella looks on during training camp at the NHL hockey team's practice facility, Thursday, Sept. 22, 2022, in Voorhees, N.J.

Associated Press

back to the playoffs and compete for the Cup, and having Maurice at the helm was one of the factors that made power forward Matthew Tkachuk pick Florida as his trade-and-sign destination.

"He's got high hopes for our team," Tkachuk said. "He sees us playing in a certain way that's going to make us successful. And he's done it. He's been around the NHL a long time, been a very successful head coach and somebody that I'm really looking forward to working with."

PLAYOFF ROTATION

Bruins GM Don Sweeney fired Cassidy after a seven-game loss to Carolina in the first round despite Boston's sixth consecutive playoff appearance.

Vegas had already fired Peter DeBoer, making him the scapegoat for an injury-riddled fall from the top of the Western Conference that ended with the team's first playoff miss in five years of existence. The Golden Knights quickly turned to Cassidy, who like Maurice brings experience and gravitas to a franchise with championship aspirations.

"I think we're very fortunate as an organization to have him as our coach," center Jack Eichel said. "Every single person I've spoke to about them, they said the same thing: that he's got a really, really great knack for the game and to be able to make adjustments and he understands things.

Very, very competitive -- wants to win, has won a lot of hockey games over the last few years."

The Bruins replaced Cassidy with Jim Montgomery, a hockey lifer getting a second chance after being fired by Dallas in December 2019 for inappropriate conduct. Montgomery sought and received help at a rehab facility and got a big endorsement from the staff with St. Louis, the team he was working for as an assistant.

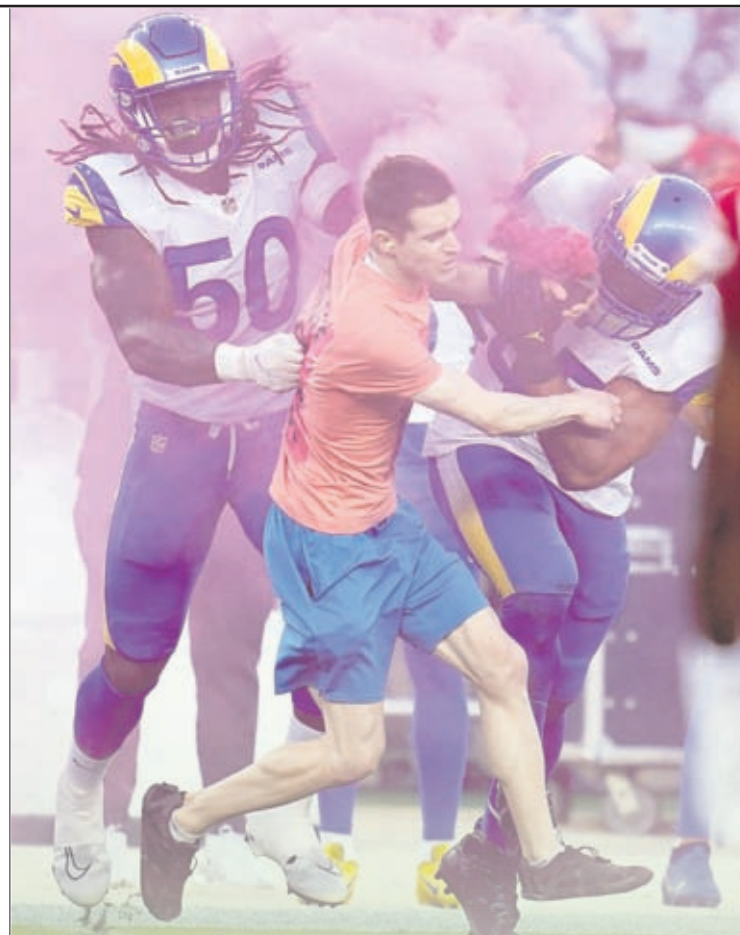
The Stars completed the circle by hiring DeBoer, who has coached two teams (New Jersey in 2012 and San Jose in 2016) to the final and is on his fifth stop around the league.

"This is a tough league and it's a tough one to coach in and you have to be able to handle situations," GM Jim Nill said. "I know Pete can do it."

LAMBERT ISLAND

Lane Lambert served as an assistant under Barry Trotz with Nashville, Washington — where they won the Cup together — and the Islanders. When Trotz was abruptly fired after New York missed the playoffs for the first time in his four seasons on the job, his right-hand man got the gig with his endorsement.

Longtime executive Lou Lamoriello thought his team needed a new voice. But Lambert isn't that new, and his familiarity with the Islanders keeps some continuity. □



A protester is hit by Los Angeles Rams defensive end Tack McKinley (50) and linebacker Bobby Wagner during the first half of an NFL football game between the San Francisco 49ers and the Rams in Santa Clara, Calif., Monday, Oct. 3, 2022.

Associated Press

Protester subdued by Rams' Wagner files police report

By **GREG BEACHAM**
AP Sports Writer

THOUSAND OAKS, Calif. (AP) — A protester who ran onto the field during the San Francisco 49ers' Monday night home game against the Rams has filed a police report after being subdued by Los Angeles linebacker Bobby Wagner.

Santa Clara Police Department Lt. Cuong Phan confirmed to The Associated Press on Wednesday that the department has an active investigation of the incident, which meant he could provide few other details. Wagner reacted with bemusement when asked about the protester's complaint, which was made Tuesday.

"I heard about it, but it is what it is," Wagner said at the Rams' training complex. "It's behind me. I ain't really focused on it. I'm more concerned about the security guard that was hurt trying to chase him. We don't know what that (pink smoke) is. You've just got to do what you've got to do."

Wagner flattened the protester who ran across the field and toward the Rams' sideline while waving a device emitting pink smoke shortly before halftime at Levi's Stadium. Teammate Tack McKinley also helped as Wagner subdued the protester, who had eluded security during the run across the field, while another protester was caught before getting very far onto the field.

Wagner indicated that players and coaches have a right to be concerned in such situations.

"You just never know," Wagner said. "People run on the field for no reason sometimes. Again, pretty sure it's going to keep happening, but you never know what that person has got in their pocket, their hands, whatever. ... There's consequences for your actions."

Wagner's actions have been widely applauded around the NFL, including by San Francisco coach Kyle Shanahan immediately after the game. □

Pitchers across MLB throw final bullpen pitches full bore



Atlanta Braves starting pitcher Kyle Wright throws during the first inning of the team's baseball game against the New York Mets, Saturday, Oct. 1, 2022, in Atlanta.

Associated Press

By JANIE McCAULEY
AP Baseball Writer
SAN FRANCISCO (AP) — Atlanta Braves ace Kyle Wright treats his last 10 or so warmup pitches as if he's already facing an opponent in the opening inning. Madison Bumgarner lets his final few bullpen tosses fly with far more intensity than at first pitch. Miami's Jesús Luzardo takes a moment to briefly step off the rubber, remove his hat and breathe, then reminds himself it's time to be competitive even with the practice throws. Around baseball, such focused approaches provide a glimpse into the intricacies of what it takes to shine under the lights on a

big league mound. "For me, sometimes I struggle out of the gate. It definitely makes a big impact," said Wright, a 21-game winner for the Braves, the defending World Series champions who are entering this postseason as one of the top seeds. "Mentally it's like you've already been there before. I make sure my arm feels good, everything's on time and then I would say my last 10 is when I really try to turn the mindset on to getting after it a little bit and pretend it's a little more game-like." And, now, others are following suit. When young Oakland lefty Cole Irvin struggled to find a groove in the early innings a few months ago, veteran catcher Stephen Vogt suggested he might try patterning his pregame routine after what Bumgarner does. It has paid off. Not much to lose mimicking someone with a track record like MadBum's. "I have a tendency to kind of ease into outings. Maybe that's just arm speed," Irvin said. "It speeds up my arm, it makes me not think and it's kind of a good thing for me who thinks a lot on the mound and thinks through pitches and the process." Bumgarner figured it out on his own through some experimentation. In the middle of a World Series season eight years ago in San Francisco, Bumgarner began a new regimen that has carried him to where he is today. He started throwing as hard as he could for the final five to 12 pitches of his pregame bullpen, firing those last few of the warmup even harder than he does once on the mound when it matters. He went on to win 2014 World Series MVP for the Giants, who captured their third title after previous championships in 2010 and '12. "It seems like pitchers in general that first inning is tough. Maybe that was Madison's way of having a good first inning," Marlins manager Don Mattingly said. □

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